

THE ARGUS.

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Saturday, May 13, 1916.

Rock Island—From River to River.

Speaking of the operations of the civil service law, wouldn't it be dreadful if congressmen had to pass a competitive examination?

Those who make the most hay while the sun shines get about a dollar and six bits per day for their efforts, indicating there are better jobs.

Premier Asquith has at last taken the Irish crisis into his own hands. Even if the premier is on the "level," it is simply another case of locking the stable door after the horse is stolen.

Now that President Wilson has declared in favor of a non-partisan tariff commission and congress is likely to create such a commission, the republican spellbinders will be deprived of an issue and have no opportunity to weep for the "infant industries" that are wearing gray whiskers.

Citizens who conspire to overthrow the government and who give aid to its enemies may be punished with death. But foreigners, who use the opportunities of this government to plot and destroy its shipping and dynamite its factories, imperiling life, in the interest of a foreign power, fare better. Two of this kind have just been sent to the federal penitentiary from New York. Great is American leniency.

The state food commissioner of Michigan in a recent bulletin said that while good butter is made in Michigan it is sent to New York and Philadelphia and only poor stuff is sold at home. He says that much butter now on sale in Michigan is creamery butter placed in cold storage in Chicago last summer and is now sold in Chicago at 27 cents and retailed in Michigan at 37 cents. He further asserts that cold storage butter six months old is not long for this world after being taken out and develops alarming odors and flavors. It appears that cold storage butter, like cold storage eggs, is still on its good behavior.

THE COLONEL'S IDEA OF THE RIGHT MAN.

Least there be the least misunderstanding as to whom he was thinking about, when he spoke of the kind of a candidate that would receive his support for president, and what he meant by a heroic figure, Colonel Theodore Roosevelt states that he "approves of what the league is doing."

The Roosevelt letter places an entirely new complexion upon the political situation and has put aside the reports that the colonel was ready to work for the nomination of this or that candidate.

He is ready to work only for the candidacy of Roosevelt, without compromise or condition other than the fact.

BARGE TRANSPORTATION.

A few days ago the St. Louis Republic pointed out the fact that the tide of popular interest in river navigation was approaching flood and asked what the St. Louis shippers were prepared to do about it. Before the day was over St. Louis business men had said that they would subscribe for ten thousand dollars' worth of barge stock that should be placed in the hands of a responsible steamboat man and substitute for weekly, semi-weekly, if not daily sailings from St. Louis to New Orleans. The Bernard barge "Inco 1" is now running between these cities and promising a trip every three weeks. John H. Bernard, president of the inland navigation company, in a letter to the Republic, states that the "Inco 2" and the "Inco 3" are already launched and soon will be in the trade, insuring a barge every week by April, 1917. This company, he says, will have enough barges for semi-weekly trips along the lower river and by the end of 1917 will be prepared to install a daily service.

So, if St. Louis business men help by the organization of a second company, there will be some lively barging on the Mississippi river, and, if the Dunne canal, and in that way alone, can Illinois share in the big increase of water-borne commerce.

Nothing should stand in the way of the construction of the Dunne canal, the only link lacking in the lakes-to-the-gulf waterway. It is vital to the increased prosperity of the industrial, commercial and agricultural interests of Illinois that the Dunne canal shall be built.

IT HAS COME.

Worst fears have been realized. The suffragists of Illinois have split on the subject of millinery. This is no ordinary breach such as comes to men in party management and is caused by judicious promises of distribution of office. This is the case of the irresisti-

ble force meeting the immovable body, says the Bloomington Bulletin. The clash between the Illinois Equal Suffrage association and the Congressional Union for Woman Suffrage reached the final stage Saturday. Plans for the suffrage parade and demonstration at the time of the republican national convention June 7, caused the rupture.

The state body some time ago let it be known that its members would wear 10 cent hats in the big suffrage parade. Now the Congressional Union has announced that its members will wear special \$5 hats in the demonstration.

The new hat is all white, created from a combination of silk and braid with a small rosette of purple, white and gold, the union's colors. The official announcement stated that the hats would retail at \$5 each. The hats are stamped "The Woman's Party Hat."

Husbands need not be unduly elated with the thought that as eldest participants in the state association, they are going to get by with 10 cents per hat. We look to see the Illinois association scornfully spurn the cheap five dollar official hat of the Congressional Union and put in the parade an artist model to cost not a penny less than \$10.

Compromise is not to be thought of. As the late Mr. Pullman said when precipitating a great industrial war, "there is nothing to arbitrate."

RELIEF FOR BLIND.

America has given freely, even prodigally, to alleviate the sufferings of the unfortunate non-combatants upon whom the war in Europe has placed an undesired and heavy burden. We have fed the Belgians and the Poles and have nursed the Serbians sick with typhus and typhoid and wherever else there has been opportunity for our charity we have not hesitated to extend it.

Toward the unfortunate whose patriotism, or whom compulsion, has forced to take active part in the war we have indicated no desire to lighten the burdens placed upon them by the war. We have looked to their governments to provide for the crippled and the maimed and have seemed content to confine our part to those who have not been belligerents. In this our spirit of charity has been incomplete, but has been guilty of a partiality which should never touch hands with it.

There has been founded in New York, by a survivor of the Lusitania, a "Permanent Blind Relief War Fund" which may save us from the stigma of partiality and give completeness to our efforts to relieve suffering. It is a charity designed especially for the soldiers who have lost their sight in the fighting, to the battle-blinded men of all nations, who are said now to number at least twelve thousand.

There can be no more worthy charity than this one, because there can come to no man a greater misfortune than to lose his sight. The loss of an arm, or a leg, or even all the limbs, the loss of speech and the loss of hearing all are compensated if the sight is retained. But when the eyes are blind the whole world is wiped out as by a cataclysm and the sufferer lives as lonesomely by himself as though at the bottom of a well.

The Permanent Blind Relief War Fund should appeal to every citizen. The association having administration of the fund has offices at 590 Fifth avenue, New York City, and contributions to the fund will be received there until the association can establish local bureaus.

MOTHER'S DAY.

The second Sunday in May is Mother's Day. This year it falls on May 14. Tomorrow is the date. The beautiful thought of setting aside one day in the year to be particularly devoted to one's mother was first suggested by Miss Anna Jarvis of Philadelphia, who founded the Mother's Day International association to provide the necessary organized support for the fostering of the movement. Thanks largely to her efforts, Mother's day has become a recognized institution as the day on which each of us should pause to acknowledge our debt of affection and gratitude to "the best mother who ever lived," on which we should be with her if we can, and, if we unfortunately cannot, should make a point of sending her a message of affection and cheer.

The emblem of the day is the white carnation, and it is the hope of the Mother's Day association that it will be worn by every one as a tribute of respect, not only for his own mother, but also for all the gentle and noble motherhood of the land.

AT A SOLDIER'S GRAVE.

A church of England chaplain was summoned by an abbe and a Belgian officer to conduct the funeral services of a Belgian artilleryman who had been killed in battle. He had been a member of the English church, and his comrades wished to show this deference to his death.

When the chaplain reached the closing words of the beautiful service for the dead, the commander of the battery stepped forward and in simple French addressed the slain soldier. His words are worth recording as evidence of the spirit in which the Belgians fight for their freedom and their conquered soil. He said:

"My comrade, rest in confidence and quiet courage. Let the qualities you have shown so well in life still sustain your soul. Take heart, dear comrade; the cause to which you have given your life shall be thrashed back whence it came; never fear concerning that. Perhaps the thought of her you love, of the two little ones and of your future is troubling you. Have no fear, dear comrade; so long as one of us is left they shall be cared for. And you, for your part, who have passed death's gate, would bid us be of good cheer and go back to the guns you served so well, knowing that, come life or death, there lies beyond a glorious future for our country and for all who suffer in the one great cause."

That is eloquence without rhetoric, springing spontaneously from a soldier's heart. It is the voice of Belgium. It is more than a prayer—it is a prophecy.

The dead artilleryman had been by birth a nobleman. In his boyhood he went to England and thence to Canada. When the war began he heard the call of his native land and, bringing his wife and children back to London, joined the channel and enlisted in the ranks of his fellow countrymen.

DRILLING TO SERVE THEIR COUNTRY



Capt. Dorothy Dennis (left) and Private Phyllis Cleveland at National Service School.

Washington, May 12.—Two hundred students of the National Service school are gradually accustoming themselves to military regime, coarse khaki, sun-burned noses, blistered heels, and stiff joints. Young women who have been ordering proud paps around are now taking orders from officers they never saw before—and liking it. And the women's section of the Navy league, which is in charge of the women's training camp at Chevy Chase, is well pleased with this feminine outgrowth of the Plattsburg training camp of last year.

There are women from 15 different states among the 200 in the camp, and many who never saw one another as tentmates, with their beds almost touching. There is a big lavatory pavilion with showers, and a bigger mess hall, where the resident students eat their three meals a day, just as meals—barring the fact that they have but one day—as are furnished to the marine corps.

It is wholesome, nourishing food, but it is not French cooking, and knowing how most of the girls out there are accustomed to living, visitors smile at the long bare tables with their bottles of oil and vinegar,

their coarse white sugar bowls, the inevitable catsup and pressed glass jars filled with spring onions by way of a relish. Of the crockery, one girl says, "the thick white things. We could use them for ammunition if we hadn't any cannon."

The camp uniform is not what one would pick out for stout elderly women. And there are quite a few of those in camp. The campaign hats are disturbing to elaborate coiffures. The one small mirror in the tent is overworked when five girls are trying to get their hair up in the scramble of dressing between reveille at 6:30 and turning out for military calisthenics at 6:45.

Breakfast is at 7:30 and camp inspection at 8:30, when the orderly tent occupants take turns at that job—is responsible for her tent's being in perfect order inside and outside. One "rookie" laughingly complained that she had raked and raked until she felt as if she was making a garden, in her effort to get her doorway properly tidy.

"I'd hate to be reprimanded for untidiness in person or tent," she said. "No, I don't mind the turning out at 6:30, but I'm ready to turn in at 9:30."

Selected by Tavenner

JUSTICE OF EIGHT HOUR DAY FOR TRAINMEN.

Addressing a great mass meeting of the railroad brotherhoods in the Lyceum theatre in Pittsburgh, Frank P. Walsh, chairman of the committee on industrial relations, said:

"I hold that the eight hour day is so incontestably right that the demand for it is not a subject for arbitration. It should be taken as a matter of inalienable right through the economic power of the workers. Not only should no man be compelled to work more than eight hours a day; but no man should be permitted to work more than eight hours a day except with the consent of his fellow workers and under conditions which they impose, to see that the one man does not invade and imperil the rights of his fellows."

"I hold further," continued Mr. Walsh, "that the right of workers to collective bargaining and the right of every worker to be protected by his fellow workers from arbitrary discharge are also the inalienable rights of modern industry and they also are not subjects for arbitration."

"What the railroad brotherhoods are demanding," said Mr. Walsh "is that, instead of a 10-hour day, they be given an eight hour day, or if the railroads won't grant that, then that they be given time and one-half for time over eight-hour limit."

"The railroads say that this is merely a demand for wages to be increased. Suppose that the brotherhoods demanded without any alternative that they be given the eight-hour day which every principle of humanity and human efficiency says is long enough for exacting risky and vigilant labor, and that the railway employees be required to turn to their homes at the end of each day's work without expense to them as most other employees are. What a bowl would then go up from the railroads as to the exorbitant cost that would mean to them. If these righteous demands of the railway employees have become only demands for increased wages it is because the railroads themselves have made that the alternative."

"Bear in mind that the great majority of railroad employees are a great part of their time away from their home cities. They have to pay their own expenses for lodging, food, etc., and that comes out of their wages. What are these wages? They will average, it is claimed \$1,242 a year. That is perhaps \$100 or more too high, inasmuch as it takes into account the higher average of the 73,000 passenger conductors, engineers and others who are not involved in this controversy. But suppose it is \$1,242 a year. The daily average wage for trainmen is \$2.73 for a 10-hour day, or 27 cents an hour. To make \$1,242 a year at 27 cents an hour means that a man must turn 4,600 hours in the year, and that means the equivalent of 460 ten-hour days, or 365 days of more than 13 hours labor each. The way it actually works itself out is that for many, many days of the year the men who run your trains, and who keep the tracks safe and into whose hands the lives of all the rest are placed, and safely placed where the greed or cheapness of the financial managements does not inter-

vene, those men must work to the point of exhaustion for 16 or more hours out of the 24.

"We have been told by the railroads that there have already been considerable percentages of wage increase to the train operatives in the past few years. A percentage of wage increase depends on what you start with. If you start with such a miserably low wage that a man and his wife and children cannot live on it, even with the practice of the strictest economy, then it takes but a precious little increase to make a good percentage showing. And not only that, but such increases as have been granted have been absorbed by the lengthening of trains and the greater amount of work put upon the men. And every one knows to his dismay how the greater cost of living has increased and has lessened the actual value of the wages received. Let the wages be placed on a fair and respectable basis to start with and then it will be time enough and fair enough to talk about percentages of wage increases."

"Mr. Walsh gave to March 1, 1915, that never in the history of the country has the railroad business been as profitable as in the past year. A report for the eight months ending Feb. 29 and covering all the railroads having operating expenses of one million dollars or more a year (and this includes 88 per cent of all the railroad mileage in the country) has just been completed by the interstate commerce commission. Those official statistics show that the net revenue of the railroads, above expenses of operation, wages, depreciation charges, taxes and every other possible charge was \$687,653,866. That vast sum was profits, to be distributed in dividends, surplus or any other form of velvet that the directors chose to make."

"The profits for those eight months from July 1, 1915, to March 1, 1916, were about 50 per cent larger than for the corresponding eight months of 1914-1915—yet the profits for those other eight months were large enough, heaven knows. For the eight months of 1914-15 the profits for every mile of road operated were \$2.116. Yet for the eight months of 1915-16 the profits for every mile of road operated were \$3.062. The eastern railroads made a profit per mile operated for the last eight months specified of \$5.165 as against a profit of \$3.260 for the corresponding time of the 12 months before; the western railroads made a profit per mile of \$2.273 for the same later period as against a profit per mile of \$1.835 for the eight months of the other year; and the southern railroads showed a profit per mile in the later time of \$2.194 as against a profit per mile of \$1.444 for the eight months specified in 1914-1915."

"Whether the demands of the railroad brotherhoods translate themselves into demands for an eight hour instead of a 10-hour day and greater speed to cover the average 100 mile run, or whether they translate themselves into demands for an increase in wages, what fair-minded man can say that the demands are not just? What show of right have the railroad managements to say that these demands are not justified by the facts and by every principle of industrial and economic justice?"

Why Editor Ducked.

(Weedsport, N. Y., Sentinel.) In our account of the Livingston-Hoff wedding in last week's issue our reporter intended to state that "after a brief wedding trip the newly married couple would make their home at the Old Manse," but through a typographical error which escaped the proofreader, and which we regret exceedingly, "Old Manse" was made to read "Old Man's."

TELEPHONE operators in Egypt are required to speak English, French, Italian, Greek and Arabic. In this country we would be satisfied if they spoke English alone.

Facts Not Worth Knowing.

Owing to their restless nature and habit of migrating, the flea census takers have no method of knowing whether they have counted a flea more than once.

When released by the process of a small boy eating the rim, the air in the center of a cruller joins the mother body.

One way to foil the English mail censors is to write your letters in Chinese.

A fish has been discovered in Long Island that doesn't grow until it has been caught by some New York fisherman.—Arthur Baer.

NEW YORK City is to hold spelling bees. Business men who are obliged to have their personal letters written by their stenographers to prevent exposure of their shortcomings might enroll with profit to themselves.

RECENT speech by the German chancellor in which he is quoted as saying that a break with Uncle Sam might be viewed with gravest alarm betrays a note of respect that borders almost on flattery when one takes into account the assumed attitude of indifference to the status of diplomatic relations that prevailed in Berlin a few months ago.

RICHMOND P. Hobson has been defeated for the congressional nomination in the Alabama primary. It appears Richmond has been out of water so long that he has grown stale. Or is it the growing unpopularity of the kisser that has proved his political undoing?

"I AM not in the least interested in my personal fortunes," says Roosevelt. And the next day he allows announcement to be made of his candidacy for the presidential nomination. The colonel doesn't care what happens to him, or his parties, just so he lands in the White house.

NORMAN Hapgood, the editor, has been sued for \$500,000 for alleged libel by Henry Lane Wilson, former ambassador to Mexico. One wonders what Wilson is booming Hapgood for?

ILLINOIS editor who died this week years ago wrote the sermon to be delivered at his funeral. One could not blame him after he had heard some of the gush spilled by ministers over the blurb of his friend. The average funeral eulogy, instead of a consolation, simply intensifies the grief of the bereaved.

J. M. G.

CHORDS AND DISCORDS

SALEM, Ore., church has hired a publicity agent. The church has nothing to sell. Yet there are merchants whose aversion to printer's ink gives the impression that they are seeking to keep their business a secret.

THAT game at Verdun already has gone extra innings. It may yet become necessary to call it on account of darkness. For it already has come to be regarded as the darkest battle in history.

MISS Esther Ex is engaged to be married in Chicago. Her fiancé evidently is one of those who doesn't believe there is much in a name.

GERMANY has promised to discipline the commander of the submarine that sank the Sussex. Just like the United States would punish the soldier who caught Villa. He probably will be hurled into a tank of boiling oil.

PUPILS in the schools of Freeport are taught how to read gas and electric meters and figure how much the bill will be. They ought to prove a great help to father.

THIS is surely becoming an unconventional age. Two hens which had been purchased from a farmer recently, while being transported home in an automobile by their new owner in North Carolina, each laid an egg while en route. The other day a woman gave birth to a child while on a shopping tour in a Chicago department store.

"WIFE Ashamed That Husband Is Loan Shark."—Chicago Tribune. Still she is better off than were he one of said shark's suckers.

"WE have eight widows for the prompt handling of the private affairs of our customers," advertises the First National bank of Muscatine, Iowa. And the institution is said to be doing a thriving business.

SUFFRAGETS who will attend the coming national convention in Chicago are demanding that the official city host furnish them with bon bons. The girls appear to be losing heart. One would have thought they would have stipulated long black cigars and chewing tobacco.

"CONGRESSMAN Foster's Stand on Little Army Perils His Seat."—Headline. In other words, he is about due for a kick.

"IF you'll notice, the only fellows that are hollering against pork are them that ain't getting any," says Hen Hicks.

GO to church tomorrow. There is always room for one more.

DES Moines girl has more than two hundred letters written to her by a wealthy man she is suing for breach of promise damages. It would be a good investment for some enterprising newspaper reporter to become a candidate for her hand—and the letters.

The Daily Story

A Romance of Old Mexico—By F. A. Mitchell.

Years ago when Mexico was still a Spanish province there was a house party in one of the haciendas not far from the capital. The hostess was a young widow, and several of the young men guests were suitors for her hand. The lady, Senora Isabel Cardona, had given her heart to one of them, Don Miguel Benarez, but he did not know it, and another, Antonio Coral, a recent arrival from Madrid, who claimed to be a grandee, was his rival.

One afternoon when the hostess and a number of her guests had been strolling over the hacienda, that Senora Isabel might show them her fruits, upon passing up on to the veranda she missed a fan she had been carrying. It was a valuable article, being studded with jewels. A small party had arrived at the house, the others being strung along in the path they had come. Among those who were with the hostess was Antonio Coral.

"What will you give the finder of the fan?" he asked her.

"Anything I possess."

"Yourself?"

Senora Isabel looked at Benarez, who was also present, and with a spark in her eye and color in her cheeks replied:

"Yes."

Away went all the men present to look for the fan except Benarez, who remained standing beside Dona Conchita Pollado, with whom he had been walking. Senora Isabel looked at him, surprised that he did not enter the lists for her hand and, frowning, went into the house. After awhile those who had gone to search returned. Coral possessed the fan and had won the widow.

Evidently his being the finder instead of Benarez was a matter of great displeasure to Senora Isabel Cardona. She gave no sign of not accepting the situation, but no one was sure whether she would engage herself to Coral or not. Coral certainly had reason to suppose that she would, for she at once began to treat him as a fiance, especially when Benarez was present.

During the evening a party of the men guests, including both Coral and Benarez, were in the billiard room. Coral asked Benarez if he would play a game with him.

"I play only with honorable men," was the reply.

For a few moments there was the stillness of death in the room. Every one present knew that the insult required resentment, and it was generally supposed that something underlay the affair. Then Coral left the room.

The next morning Senora Isabel, who was troubled that one man should have won her hand when she wanted another, awoke very early and lay thinking what to do in the matter.

Hearing men's voices under her window, she got out of bed and saw Benarez and another of her men guests leaving the house. The man with Benarez carried rapier under his arm.

It was evident that something was about to happen, the cause of which she did not understand. Hurriedly putting on her clothes, she went out into a corridor, where she met Dona Conchita Pollado, to whom she told what she had seen.

"I can explain that," said Dona Conchita, "but will do so later. Hurry after these men if you wish to prevent bloodshed."

The two women ran downstairs and, meeting one of the Indian servants, asked him which way the gentlemen had gone. He told them, and they followed as fast as they could to an open space inclosed by surrounding trees where a number of duels had been fought. There they found Benarez and Coral in their shirt sleeves, each holding a rapier, about to fight. On the ground were their seconds and several other of the men guests.

"Gentlemen," said the widow, "what right have you to mar my party in this way? What you are doing is an insult to me and all my other guests."

The two principals paused, but neither replied.

"I think," said Dona Conchita, "that I can explain it, and since the one who should explain it seems not inclined to do so, I will tell what I know. Yesterday, when you took hold of a vine yesterday afternoon you dropped your fan. It fell into tall grass. Don Antonio presently picked it up and put it in his pocket. Walking home with Senora Benarez, I told him what I had seen."

The statement occasioned a marked surprise in all present. It seemed impossible that a grandee of Spain could have descended to so dishonorable an act. Coral turned pale and red by turns. Senora Cardona said to him:

"What have you to say, Don Antonio, to the charge?"

"I cannot dispute the word of a lady," was the reply, uttered in a voice scarcely audible and with a bow so low that his face was invisible.

"Put up your swords, gentlemen. Senor Benarez, will you accompany me back to the house?"

Benarez tossed his rapier toward his second and, with the hostess, followed by the others, except Coral, left the ground. Coral took the fact that he was not invited to return as a dismissal and went his way.

The widow married Benarez, and it was learned afterward that Coral was not known in Madrid, but was a gambler from Cordova, which place he had been obliged to flee, having killed a man under criminal circumstances.

HEALTH TALKS

William Brady, M.D.

Defective Development.

Perhaps no man in America has contributed so much to our knowledge of metabolism—the oxidation process of combustion which constitutes life and growth—as the distinguished editor of the New York Medical Journal, Dr. C. E. de M. Sajous. His great work upon the internal secretions and the principles of medical practice is one of the classics of our time, ranking with the textbook of Osler in the practitioner's library.

A recent contribution of Dr. Sajous offers some suggestive ideas upon the subject of defective development. He points out the relation between the thyroid gland function and the conditions of idiocy and dementia praecox. If the thyroid secretions (one of the internal secretions, the thyroid being a ductless gland) is deficient, there is defective brain development or premature mental failure. The gland was absent in 28 idiotic children examined post-mortem, though normal in 14 normal children who had died of various diseases. Sajous believes the thyroid secretion is inadequate in dementia praecox, a form of insanity of early life. Notable evidences of thyroid gland deficiency are:

1. Deficient development of the bones, with deformities suggesting rickets, due to defective assimilation of the calcium (lime) of the food, owing to the lack of thyroid secretion. Under-sized stature. Delayed mental development. A low relative lymphocyte count (determined by making a blood count.)

Long before the brilliant discoveries of Crite relating to the prevention of shock and exhaustion in surgery by protecting the ductless glands, Sajous taught that the thyroid gland took an active part in protecting the body against intoxications. He now points out the relation between insufficient thyroid gland secretion and melancholia and mania. The results of insufficient thyroid secretion are so characteristic and so common, even among people who do not consider themselves really unhealthy, that we may mention them here:

1. Subnormal temperature, cold extremities, sensitive to cold weather, diminished or absent perspiration, tendency to obesity.
2. Doughty, dry skin, often with pads of fat on the collar bones or neck, thick lips, puffy eyes, scaly skin, dry, brittle, poorly growing hair, brittle nails, poor teeth.
3. Mental torpor, deep but unrefreshing sleep, loss of former ambition to work or play, drowsiness day-times.

If a woman scanty or absent periodic function, inability to nurse a baby.

Be the individual a "defective" or not, the recognition of signs of deficiency of internal secretions points the way toward relief. Treatment directed toward the correction of ductless gland deficiencies is accomplishing miracles every day.

Hernia or Rupture and Surgery. Please tell me what is the best treatment for a case of hernia or rupture in a man of 26.

Answer—Surgical cure—that is the cheapest, safest and only cure.

Diet of Nursing Mother. What articles of food must a nursing mother eat?

Answer—Nothing in particular. She should eat everything she ordinarily eats. If it agrees with mother it will be good for the baby—the "old woman" to the c. n. w. At least that is the way dietitians tell us to do.

Iron Never Hurts the Teeth. What kind of iron is least injurious to the teeth?

Answer—Medical iron cannot injure the teeth. That is just a hold-over prejudice from the old times when the acid tincture was used.

Irish Imports Increase. Dublin, Ireland.—Irish exports have increased considerably on account of the war. The official returns just completed for the year 1914 show a total of 77,300,000 pounds, an increase of three and a half million pounds over 1913. The increase is due almost entirely to the shipbuilding at Belfast.

It is a curious feature of the report that although 54 per cent of the Irish exports are represented